



in accu-  
fulnesse  
con-

# *An easy Method to know the Causes*

*and Signs of the Humour most ruleth in the Body, and to avoid thereby things hurtful: as also to enable men to give better account of the state of their Bodies, when they are diseased to the Physitian, and not hazard the Lives of themselves and their Freinds by only urging him to prophesy (and that often falsly) the Disease by onely the inspection of Urine.*



*He antecedent or foregoing signes of fulnesse are such causes as breed plenty of blood, such as are, The good temper of the whole Body, but chiefly of the Liver and Heart, with a moderately hot and moist temper.*

Antecedent  
signes of ful-  
nesse,

*The Age increasing, for Children and such as are constituted betwixt them both, have much blood, because they are not far distant from the principles of Nature.*

*Spring season, Because in the Spring the blood is most plentiful, for the cold then remitts, and moisture puts forth it self.*

*A Region temperate, but chiefly.*

*A more liberrall diet of meates of good juice, and well tempered, as too much plenty and affluency of the best meat and wine, a life void of cares, full of rejoycing, with moderate and seasonable exercise, and sleeping mean.*

*Suppressing of customary vacuation of blood of its own accord, or medicinal a long time intermitted, suggests matter to fulnesse.*

*The consequent or following signes of fulnesse of blood, are incidents which demonstrate plenty of blood to be contained and reign in the body: such as are*

Consequent  
signes of ful-  
nesse.

*The colour of the face and body ruddy beyond custome, or mingled with red and white.*

An



An equall swelling of all the veins,  
The extension of the filled vessels and stretcht with fulnesse  
of blood manifest the view.

An extent wearisomnesse coming of it self, wherein the  
body and all the joynts through wearinesse are hardly moved,  
and the hand is hardly contracted into the fist: For a distend-  
ing wearisomnesse comes, when as the greater veins swelling  
with plenty, empty themselves into the lesser, whence it happens  
that the muscles are filled and distended.

An overfull masse of body, of abundance of flesh springs  
from plenty of blood.

The habit of the body meanly fleshly, bedewed with a milde,  
gentle, and breathing heat: because a habite mouerately fleshy,  
betokens a temperate nature which is full of blood.

The manners of mind pleasant and sweet, calm and gentle:  
For a temperate and mild disposition of mind, is a mark of a  
temperate habit of body.

Simpleness and stupidity of mind for simplicity and stupid-  
nesse of mind proceeds from blood; heaviness of the head, by  
reason of plenty of vapours ascending to the brain.

Deep and for the most part pleasing sleep, in the which things  
are represented by dreams full of joyfulness and pleasantnesse,  
shining like light, or adorned with flowers.

The pulse great, strong and full. For the veines being full  
the conjunction of their mouthes with the Arteries, doe trans-  
fuse some of their plenty into them: but the Arteries being full,  
do yeeld such a pulse, not onely in the wrist, but in the temples  
also, the fingers, and the extremity of each part, conspicuous by  
a troublesome beating.

The breathing is more difficult and thicker then of custome,  
chiefly after exercise, because the muscles of the breast through  
plenty of blood, are more slow in their motion, whence the  
breathing is more frequent in respect of its use, but lesser be-  
cause the inward capacity of the breast is streightened.

Speedy casting forth of blood by stoole, the hæmorrhoides,  
monthly evacuations, urine, spittle or nose.

A facility in bearing of much bleeding.

Much sweat continually flowing through the whole course  
of



of a disease, doth declare the presence of fulnesse.

Moreover, if the party diseased hath been accustomed to be vexed frequently with diseases coming of fulnesse, as a continual fever, inflammation : for all inflammation cometh by afflux of blood.

Cacochimy or ill juice is three fold, Cholerick, Melancholick, and Flegmatick. Ill juice proceeding of Choler, ariseth from such antecedent causes as heap up plenty of choler. Such are

Antecedent  
signes of choler.

A temper hot and dry, for in men of hot and dry tempers, much Choler is ingendred, because the cholerick humor is agreeable to their complexion.

The age constant and flourishing, such as endures from the 25 yeare to the thirtieth, for yellow choler exceeds in the consisting age, because the natural heat is much more dry and intense, then it was before, a great part of the first inbred humor, where-with it was overwhelmed as it were, being consumed.

The summer season, for in summer Choler is most abounding, because blood by the incompassing ayre is rendred more hot and dry.

The dry constitution of the time; for driness effects a bilious quality in the humors.

A region hot and dry, but chiefly a diet foregoing hot and dry.

Likewise, exercises, labour, anger, cares, watching, abstinences and wants, heap up much Choler : as also, voluntary evacuation of choler suppressed, or such as was accustomed to be avoided by art intermitted, by vomit, the belly, Urine, or sweats.

The consequent signes of choler, immoderately exceeding in the body are;

The consequent  
signes of choler.

The colour of the face, eyes, and whole body pale, yellow or citrin colour, approaching to that of the yellow Jaundice. Or,

Black, for if the temperament do much exceed in heat, the colour appears black.

The habit of body dry, lean, and slender, for slender or spare men for the most part are cholerick. Also hairy bodies, for the temper hot and dry is very hairy.

The hair yellow, for yellow hair is the dreggy excrement of yellow Choler.



Much more also the haire that is black, for the haire becomes black when the vapour being burnt by the force of heat, the excrement is changed into an exact smuttiness. But yellow when as it is lesse burnt.

The largeness of the veins being distended by the force of heat; for they who have large veins are of a hotter nature, but contrarily they are colder whose veins are smaller, and stricter. For it is the work of heat to dilate, and as it were puffe them up.

A heat to the touch, smart and biting.

Swiftnesse to anger, propension to wrath and revenge, promptnesse of mind, and cheerfulness.

The senses are quick, sharp, and nimble, the wit sharp and industrious. For sharpness of wit, and industry proceed from the billious humor.

Sleep little and light, and with much tossings and tumblings unquiet.

Watchings almost continuall: for immoderate watchings proceed either from the distemper of the braine alone, or from abundance of Cholerick humour.

Dreams full of Warr, fury and fire.

The pulses vehement, swift, frequent and hard.

Bitterness of taste, inappetency, vehement and unsatiable thirst, gnawings in the mouth of the stomach, and from thence falling sickness, Convulsions, faintings through paine of the mouth of the stomach.

Vomiting and dejection by stooles cholerick.

The belly daily bound.

The Urine yellow, fiery, sharp, and with small Cholerick diseases, frequent. As the disease called *Cholera*, the Feaver tertian, and burning, creeping sores and fretting, cholerick pushes breaking forth over the whole body.

The purging of Choler profitable, and easie of bearing, and the use of coole things gratefull and delightfull, because they bridle the fierceness of Choler, as hot things exasperate it. Whence a cholerick disease, by administering hot things, is made more fiery, as on the other part, by cool things it is remitted.

*Cacochymy*, melancholick is known first by the Causes which

Antecedent  
signes of me-  
lancholy.

con-



congest a larger portion of melancholly and black choler in the body; of which sort are.

A naturall temper cold and dry, with the weaknesse of the spleen, or a hot temper indeed at the first, but by change turned into cold. For if any which before was hot and dry, by adustion hath generated much black choler, he verily is besides that he is dry, and cold, forthwith also melancholike.

The age inclining, which is extended from the Thirtieth year of age to the Forty ninth; for Choler adust aboundeth in the declining age, because succeeding to youth, of all the ages the most Cholerick, receives unto it Choler adust.

The Autumnall Season, forasmuch as Choler adust is plentiful in the fall of the leafe, because this succeeding the Summer of all the parts of the year, the hottest and dryest entertaines from it burnt Choler.

The manner of life, and frequent use of grosse and earthly nourishment, such as are course brown bread, Beefe, Hare, Goats flesh, Venison, but most of all meates over-salted, grosse Wines, dark, colour red, ill brewed Beere, or not well defecated, old Cheese.

A sad condition of life, enfolded in many cares, businesses, contemplations and study of Letters, no refreshing or rejoycing the minde being interposed, or bodily exercise; For under this the naturall heat languisheth, and the whole parts of the body wax grosse, being lull'd asleep by sluggishnesse.

The customary vacuation of melancholly suppress, whether it was voluntary, as by the hemorrhoides, the Termes, by the Belly, or by the *Varices* or scab, or by Medicaments accustomed.

The colour of the face and the whole body, dark, brown, obscure and swartish; sometimes it is Universall and equal in the whole body, sometimes mured with certain spots.

Hardnesse of the Spleen; Swelling, a weighty paine.

The habit of the body dry and leane.

The Aspect fixed, horrid and mournfull.

Fear and sadnesse, silence, solitarinesse, a vaine forging of things that are not, constancy and stability of minde. Because that which is constant and fixed in the minde, proceeds of melancholly.



A mind slow indeed to wrath, but fierce, and hardly appeasable.

Sleep turbulent, floating and tossed with horrid dreames, Visions of dark things, Devils, Torments, Death, dead Carcasses Graves, which things are full of terrour.

The pulse is little, slow, rare and hardish.

The appetite is often corrupted, yet sometimes the hunger is like doggs hunger, sowre matter, lining and sucking the stomach.

Melancholy voluntarily breaking forth through over-plenty, by vomit, stool, urine, sweates, or the hard knote or swellings in the veines.

The Uriue if no melancholy issue with the urine, is thin and white, but if any of it flow forth with the urine grosse and black.

Melancholy diseases frequent.

Medicaments that draw melancholy are conducefull, and easing the diseased: also all diet that breeds good and thin juice, is helpfull, but the contrary is hurtfull.

The knowledge of phlegmatick ill juice is taken first from the causes which make large provision of phlegme; such as are.

A temper cold and dry.

Old Age, which is extended from the 49th yeare, to the lives end. For in old age there is congested much excrementitious phlegme, through the want of naturall heate.

The winter season: Because the Winter fills the body with phlegme, by reason of multitude of raine.

Constitution of the season moist: for the moisture of the ambient Aire heaps up phlegmatick superfluities.

The immoderate use of cold and moist nonrishment, and overlarge drinking waterish Liquors.

A diet overfull, unseasonably taken in, the former not being digested, likewise all satiety and gluttony.

A sedentary life led in slothfull idlenesse, specially in places waterish and moist.

Long sleep, especially after eating.

The suppression of phlegme wont to be voided either by mouth or belly, which was long accustomed either by it selfe or by Art.

The

Antecedent  
signes of  
Phlegme.



The consequent discoverers of phlegme ruling in the body, are such as are,

Consequent  
signes of  
Phlegme.

The colour of face and body whitish, sometimes of Lead-colour, or blewish, the face somewhat swoln, and the whole habit of the body vast and over-grown with fat, forasmuch as grosse and fat folk are cold and phlegmatick; for fat is alwayes generated by the refrigeration of the habit.

The veins and arteries small and narrow passaged, because they contain but little blood.

The skin white, soft, and without haire; for the temper cold and moist is exceeding smooth.

Hair white; for white hair comes of phlegme.

The feminine Sex for women, are by nature colder then men. •

The manners and mind, and all the motions of the body flow with heaviness and sloth, the senses dull, the understanding blockish.

Sleep is deep and heavy.

Dreames filled with water, raine, snow and drowning.

Heaviness of the head.

The pulse small, slow, rare, soft.

Slow concoction, sowre belshings, loathing after eating.

The Urine is white or pale, now thin, now thick, and troubled with much setling.

Phlegme voluntarily breaking forth by vomit or dejection, and a body overflowing with moisture.

White flux in Women.

The custome and frequency of phlegmatick diseases, as swellings coming of phlegme, rheumes and the like.

Whatsoever vacuation of phlegme, whether it shall fall to be by Art, or of it self, is conducesfull, meates, and hot drinkes, and all heating causes occurring are pleasing and profitable.

But salt phlegme, since it acquires unnatural heat either by mixture of choler, or putrefaction introduced: as it obtaineth the mixt causes of choler and phlegme, so after a manner it hath their mixt signes. For the most part it is knowne, by the taste, itchings, and fowle scabs.

Plenty of windes are raised in the body by a cold and moist

Anecedent  
signes of  
stomach, Winde.



Stomach, together with inbecillity of heate, whether it proceed of simple distemper, or that it be contracted by the fault of the humors.

The Spleen swelling, and obstructed with melancholy, offending the concoction of the stomach.

Windy meates, and rawe fruits, as Chestnatts, beanes, Mushrooms.

Immoderate drinking, and, and the overmuch floting of the stomach with liquid meates, as also cramming and gluttony.

Idleness, much sleep, the age, region and constitution of the season cold.

Consequent  
signs.

When as by the former causes much wind is gathered together, the stomach and gut Colon, chiefly on the left side, are distended, and roare, as if they were tossed with the windes. Extensive paines coast about the whole body, wandring, as it were, too and fro.

Frequent breakings forth of Winde are heard both by the mouth and belly, to which ease speedily succeedeth: as also frequent singings, or ringings in the eares.

Great proness to cholick paines, and other diseases proceeding of Winde.

Dreams of things swiftly running or flying, sometimes also of thunder and tempests.

## POSTSCRIPT.

*I Have by me a farre larger Tract on this subject, but this being more easy for common capacities, I thought fit to present it first to view; As this shall finde acceptance, and I encouragement, I shall send to light matters of greater moment than these.*

*Farewell. That I may not seem to be a plagiarist, the Author in Latine is Frambesarius.*



**FINIS.**



